

# Menu Cycle Week – Nutrient Analysis

Menu Cycle: 2022, DCPS RFP Snack Menu  
 Week: 5  
 Result: **Fail**

Meal Pattern: [USDA] CACFP Meal Pattern  
 Meal Type: Snack  
 Serving Group: Ages 6-18  
 Site Group: Inspire

Cycle Week Nutrient Summary			
Nutrient	Weekly Standard Value	Actual Value	% of Calories
Calories (Kcal)		202.46	
Total Fat (g)		4.79	21.31
Sat Fat (g)		1.25	5.54
Trans Fat (g)(1)		0.00	
Chol (mg)		5.66	
Sodium (mg)		219.76	
Carb (g)		33.28	65.76
Total Fiber (g)		2.34	
Total Sugars (g)		20.33	40.17
Added Sugars (g)		5.83(M)	
Protein (g)		7.53	14.88
Iron (mg)		0.95(M)	
Calcium (mg)		206.56(M)	
VitA (IU)		538.78(M)	
VitC (mg)		6.53(M)	
VitD (mcg)		1.91(M)	
Potassium (mg)		125.61(M)	
Mois (g)		0.00(M)	
Ash (g)		0.00(M)	

Cycle Week Food Component Summary			
Food Component	Standard Value	Actual Value	% of Total
Meat/MA		1.000	
Grains		7.000	
Non-WGR		0.000	
WGR		7.000	
Grain-D		0.000	
Fruit		1.250	
Fruit-J		0.000	
Veg		0.000	
Veg-DG		0.000	
Veg-RO		0.000	
Veg-BP		0.000	
Veg-S		0.000	
Veg-O		0.000	
Veg-X		0.000	
Vegetable-J		0.000	
MILK-F		2.000	
MILK-V			Fail

**Legend**

Snacks need to serve 2 of the 5 components.

(M) Indicates missing nutrient values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
2022, DCPS RFP Snack Menu W5D1 - Day: 1	100																		

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
<b>Category: Grains; May Choose: 1</b>																			
Pepperidge Farm Goldfish Pretzels, WG, 0.75oz, 300/cs - SR3036 (1 pkg.)	100	100.00	3.50	0.50	0.00	0.00	170.00	14.00	1.00	0.00	0.00	2.00	0.70	20.00	0.00(M)	0.00(M)	0.00	60.00	(M)
<b>Category: Fruit; May Choose: 1</b>																			
Peaches, cling, diced, canned in pear juice, drained - SR1196 (3/4 c.)	100	116.81	0.08	0.00	0.00	0.00	10.62	30.71	3.45	27.26	0.00	1.67	0.72	15.93	1011.43	9.56	0.00	339.80	0.00(M)
<b>2022, DCPS RFP Snack Menu W5D2 - Day: 2</b>																			
<b>Category: Grains; May Choose: 1</b>																			
Blueberry Muffin ICM 2 grain - SMR1720 (1 ea.)	0	270.00	9.00	2.00	0.00	0.00	210.00	38.00	2.00	16.00	15.00	5.00	1.30	40.00	0.00(M)	0.00(M)	0.00	100.00	0.00(M)
<b>Category: Milk; May Choose: 1</b>																			
Lactaid Milk - SMR1943 (1 Half Pint)	5	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	45	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	13.00	0.00	9.00	0.00	300.00	500.00	1.20	5.00	0.00(M)	(M)
Soy Milk - SMR1719 (1 ea.)	5	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	45	86.49	0.00	0.00	0.00	4.80	124.93	12.49	0.00	12.49	0.00	8.65	0.00	288.31	480.51	1.15	4.80	0.00(M)	(M)
<b>2022, DCPS RFP Snack Menu W5D3 - Day: 3</b>																			
<b>Category: Meat/MA; May Choose: 1</b>																			
Mozzarella String Cheese Stick, 1 oz - SMR1203 (1 stick.)	100	60.00	2.50	2.00	0.00	10.00	210.00	1.00	0.00	0.00	(M)	8.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
<b>Category: Grains; May Choose: 1</b>																			
Breakfast Bar, Nutrigrain, strawberry (1 bar = 1 oz eq grain) - SR1353 (1 Bar)	100	160.00	4.00	0.50	0.00	0.00	150.00	30.00	3.00	14.00	(M)	2.00	1.80	200.00	750.00	0.00	(M)	(M)	(M)
<b>2022, DCPS RFP Snack Menu W5D4 - Day: 4</b>																			
<b>Category: Grains; May Choose: 1</b>																			
Banana Ultra Bread Slice, IW, WG, Super Bakery, 3.4 oz. - SR2440 (1 pkg.)	100	260.00	8.00	1.50	0.00	0.00	240.00	45.00	2.00	24.00	23.00	5.00	1.00	161.00	0.00(M)	0.00(M)	0.00	114.00	(M)
<b>Category: Fruit; May Choose: 1</b>																			

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
Apple Slices, fresh, 2oz IW Bag - SR2546 (1 pkg.)	100	30.00	0.00	0.00	0.00	0.00	0.00	7.00	1.00	6.00	(M)	0.00	0.00	20.00	0.00	21.00	(M)	(M)	(M)
<b>2022, DCPS RFP Snack Menu W5D5 - Day: 5</b>	100																		
<b>Category: Grains; May Choose: 1</b>																			
Cereal, granola, oats n honey, WGR, Nature Valley - SR2331 (1/4 c.)	100	85.65	3.19	0.33	0.02	0.00	65.23	12.76	1.04	4.75	4.75	1.50	0.44	6.42	0.00(M)	0.00(M)	0.00	38.24	(M)
<b>Category: Milk; May Choose: 1</b>																			
Lactaid Milk - SMR1943 (1 Half Pint)	5	90.00	0.00	0.00	0.00	5.00	125.00	13.00	0.00	12.00	0.00	8.00	0.00	500.00	500.00	0.00	5.00	410.00	(M)
Milk, White, Lowfat 1%, Harrisburg Dairy - SMR1961 (1 Half Pint)	45	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	13.00	0.00	9.00	0.00	300.00	500.00	1.20	5.00	0.00(M)	(M)
Soy Milk - SMR1719 (1 ea.)	5	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00(M)	0.00(M)	2.50	350.00	(M)
White Milk, nonfat, fluid, Harrisburg Dairy - SMR1962 (1 Half Pint)	45	86.49	0.00	0.00	0.00	4.80	124.93	12.49	0.00	12.49	0.00	8.65	0.00	288.31	480.51	1.15	4.80	0.00(M)	(M)